



User Manual **be Synchronos**

*be relaxed • be balanced
be complete*

brainLight®

LIFE IN BALANCE



Congratulations on the purchase of your **brainLight**® Synchro !

The **brainLight**® Synchro can help you to develop your personality & intelligence and to expand your consciousness. You will live more intensely, more spontaneously and more balanced at the same time. While you are in a state of deep relaxation your cerebral hemispheres are synchronized – the precondition for intelligence and creativity.

Neurophysiology confirms the following results if the **brainLight**® system is used regularly:


- mental fitness
- immediate reduction of stress
- increased energy and vitality
- optimized memory performance
- increased creativity
- better learning ability (Superlearning)

The **brainLight**® technology is a safe method that can be used by everybody. The **brainLight**® Synchros are made using the highest standard of quality to insure good workmanship and long product life.

3

We hope that you enjoy using the **brainLight**® Synchro!

Your **brainLight**® team



***“If you want to discover new lands
you have to stop paddling along your own shores.”***

Manfred Arnu

Table of Contents

Congratulations on the purchase of a brainLight® Synchro	3
Set up the remote control	5
Glossary / Nomenclature	6
Controls and display	7
Quick Start	8
Important notice before first use	9
The most comfortable way to use your brainLight® Synchro	10 + 11
When and how often can I use brainLight® ?	12
Journey inwards	13
After a session	16


Chapter 1 – Basics for all **brainLight®** synchros

4

What effects does the brainLight® Synchro have on mind and body?	14
The electric activity of the brain	14
The four wavelengths of the brain	15
brainLight® fix frequencies	17
Program sequences	23 – 27

Chapter 2 – Mental training with the **brainLight®** Synchro

1. Stress management	28
2. Train concentration and memory	30
3. Positive thinking – live more successful	32
4. Strengthen self confidence – trust your inner Self	33
5. Visualization & enhanced creativity	35
Accessories	38
Troubleshooting	40
Last but not Least	42



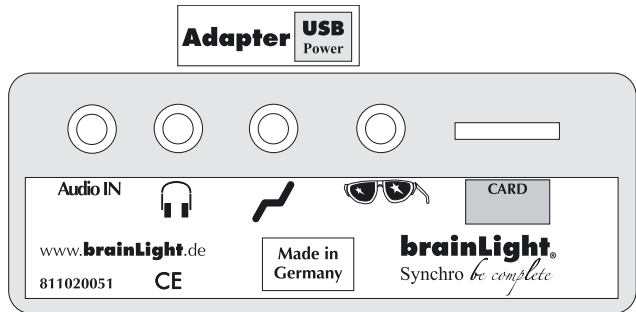
Set up the remote control

Always point the remote control towards the side of the pyramid with the **brainLight®** logo. Just as with any other device you need to be able to see the infrared recipient, maximum distance to the pyramid is 3.5 meters.



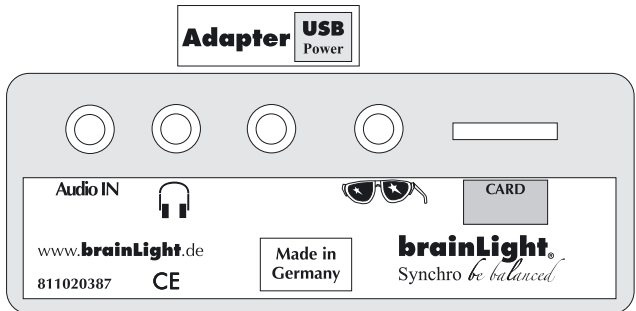
Nomenclature

Synchro
be complete



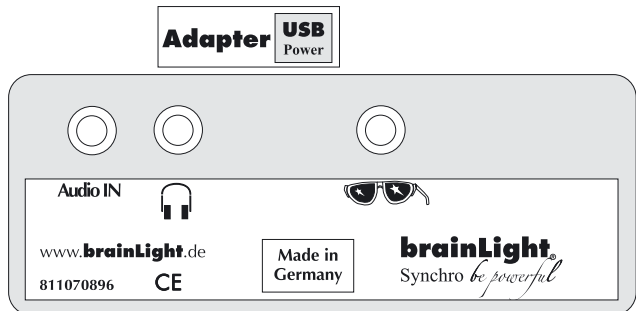
With **brainLight®** chair control and changeable card

⑥ Synchro
be balanced





With changeable card

Synchro
be relaxed



Controls and displays

Check page 6 for nomenclature & illustration of controls. Before each **brainLight® use connect:**

- Headphones with the  connection
- Goggles with the  connection
- Adapter with the USB power connection and an electrical outlet

Using 2 Y-plugs (available from **brainLight®**) you can connect an additional set of headphones and goggles.


Extra goggles: e.g. green goggles, developed especially for light sensitive people, see catalog for accessories.

External sound sources: Connect external sound sources to the audio „IN“ port. If you use an external sound source (CD player, iPod etc), please select a fix program from the program card. You can regulate the volume with the headphone cable and the volume control on the external sound source. Attention: Please always use the LINE OUT port of the external sound source, do NOT use the headphone port. If your external sound source is not equipped with a LINE OUT port, you cannot use it with a **brainLight®** Synchro.

7

2-digit keyboard: enter the program number in two digits. Please find the exact numbers in the enclosed program and user cards.

Start a Program: e.g. Press „07“.

Stop a program: You can stop a program at any time by pressing the on / off button. As soon as you pressed the  button, the system returns to its starting position.

Adjusting light and sound: volume and light intensity can be adjusted to your personal preference at any time during a program. The buttons to adjust intensity of sound and light are located on the cords of headphones and goggles.

brainLight® instant programs: automated complete programs.

brainLight® fix programs: these light- and sound programs can be combined e.g. with a CD if you connect a CD player before you start the program.

Quick Start

You don't like to read user manuals? You don't have to! Here are the quick start instructions-tips and tricks to optimize your first use:

We recommend program# "01" for a first time user: find a comfortable spot and make sure that you won't be interrupted for the next 30-45 minutes. Connect all cables – the ports are located at the bottom of your pyramid. Connect the goggles to the goggle symbol, the headphones to the headphone symbol and the adapter to the USB symbol. Connect the plug to the electrical outlet. Put on your headphones and get the visualization goggles ready. Point the remote control towards the infrared recipient in the pyramid (round, approx 1 cm diameter at the side of the **brainLight®** logo). Press "0" – a light starts in the goggles, press "1" and the program starts. That's all. Close your eyes, put on the goggles, listen through your headphones. Relax, let it happen ...

The other double digit programs start the same way: press the first number to start the light and the second number to start the program.

8

If you would like to listen to your favourite music in combination with the light and sound program, connect your external sound source (CD player, iPod etc) to the pyramid using enclosed cables. Select your music or CD, select your program, e.g. # 35 – 30 minutes of relaxation – start your music ... and off you go.

We wish you fun and success on your personal journey to more relaxation and zest for life. Please feel free to contact us at any time with your questions and/or suggestions.

Your **brainLight®** team



Important advice before your first use

The **brainLight®** Synchro was developed for the purpose of relaxation, learning and entertainment. It is no replacement for mental or medical therapy or a treatment of diseases of any kind. In any of these cases you should see a doctor. The use of the **brainLight®** Synchro is safe and harmless as long as you pay attention to the following exceptions.


*You should avoid use of the **brainLight®** Synchro:*

- if you suffer from epilepsy
- if you suffer from brain seizures
- if you suffer from photosensitivity
- if you are indisposed
- before or after consumption of alcohol or drugs
- if you are in psychological or psychiatric treatment ask your doctor about using the **brainLight®** Synchro

9

The Synchro is not a toy!

Only use it if you feel mentally and physically fit, especially the first few times. Do not use the Synchro if you run a fever or for a few days after you have had fever. Always keep in mind that your brain is intensely challenged. That is why you should start with short programs and low intensity. Even if it takes you a little time to get used to this new technology – as long as you follow these instructions you will have a lot of fun with your Synchro!



*“By asking a question, you’ll feel foolish for a while,
because you lack the knowledge. By not asking and continuing to lack the
knowledge, you will remain a fool indefinitely.”*

Chinese Proverb

The most comfortable way

For best results get into a comfortable position in pleasant and calm surroundings. Find the right space and make sure that you won't be interrupted.

Take a few moments to breathe deeply just as you would before a meditation or similar relaxation training. Close your eyes and let your thoughts flow freely. While you do this you can decide which Synchro program you would like to start. A relaxing program, or rather a stimulating program? Take your time choosing the program.


If you wear contact lenses or glasses, take them off during the use of the Synchro. Remember to keep your eyes closed during the session.

Tips and Tricks

10

You have purchased a new tool that will help you reach your goals easier and faster. We would like to offer some suggestions that make the use of this tool more comfortable and effective.

- You can regulate the light intensity on the cable of the goggles. We recommend to start with a lower intensity and to slowly raise the level of intensity over time.
- You can use stereo extension cords (max 10 m) to lengthen the cords of goggles and headphones. Adapter and cables can be purchased for a small amount of money in any electrical supply store or from **brainLight®**.
- Watch each inner movement, but don't judge it, train your consciousness.



***“The door to experience
can only be opened from the inside.”***


Carl Ramson Rogers

The most comfortable way

- Take a minute to breathe deeply before and after using the **brainLight®** system.
- Similar to recommendations before a Yoga or meditation session you should:
 - avoid eating before a session
 - not use drugs
 - wear loose and comfortable clothing
 - have a minute of quiet before and after the session
 - take off glasses or contact lenses
- If possible, do not eat before using the system and wear comfortable clothes.
- Choose the intensity of the light so that you can perceive it through closed eyes. Light intensity and volume should feel comfortable.
- The preparations to end a session are just as important as the preparations to start it. Don't get up immediately and jump back into your activities. Many users notice that they can accomplish their daily tasks much calmer and with much more care after a session. These "side effects" are just as important as your experiences during the optical-acoustic stimulation.
- It may be worthwhile to start your own personal „**brainLight®** diary“. It is very insightful to regularly document one's own feelings, experiences and observations for a longer period of time and to notice the changes.

11

***Research, experiment and have fun.
Good luck!***




When and how often can I use **brainLight®**?

In the beginning you are most likely curious and want to use the Synchro as often as possible. For most users this levels off to 2-3 sessions a week. We recommend to start with the shorter, less intensive programs and to observe how mind and body react. If you want to change a habit, we recommend mentaltraining with the **brainLight®** Synchro for 21 consecutive days.

You can use the Synchro in the morning to wake up. Some programs help to gain new energy and relax, others are used to activate and stimulate. You can also use your Synchro before going to bed for deep, healthy sleep. Please check the program descriptions for more information. If you wish to complement a Synchro program with a CD program, make sure that both have about the same running time.

Of course you can also record your own music, tailored to the length of the Synchro program.

12



***“Some men see things as they are and say why?
I dream things that never were and say ,Why not?“***

George Bernard Shaw

The Journey Inwards

The neuro- and brain technology is a relatively young science. Our brain is less explored than the moon. However, recently some fascinating discoveries have been made about the way our brain works.

The use of the **brainLight®** Synchro will be an adventure for you. Just as Jules Verne once wrote about in his novel "Journey To The Center Of The Earth" you will soon be able to talk about your visions, fantasies, inner discoveries and experiences.

Some programs can easily bring you into a state where you are neither asleep nor awake. This state is the source for new ideas, sensations and creative thoughts. You have access to images, sensations and symbols that come directly from your subconscious. For this reason this system is suited to assist in visualizations and positive self-programming. The subconscious does not differentiate between reality and fantasy, all perceptions are reality. Be ready to imagine things you thought impossible before. By using the Synchro regularly you can learn to understand the symbols and messages of your soul.

13

After the session

Take some time before going back to your chores after the program has finished. Get up slowly and breathe deeply.

Please feel free to contact us with your experiences at any time. Have fun with and enjoy your **brainLight®** Synchro.

Your **brainLight®** team



Chapter 1 - Basics for all **brainLight®** synchros

How does the **brainLight®** Synchro effect body & mind?

The heart of your **brainLight®** Synchro is a sophisticated computer, which produces optical patterns and acoustic signals in stimulating sequences. These sequences are transmitted to the brain via headphones and goggles and specific frequencies are set. The brain is able to adapt spontaneously and will then produce its own frequencies to match those specified. Deep relaxation is induced, breathing slows down and the muscles relax.

14 The optic and acoustic stimuli affect the brain cells directly. You can train your brain just like you would train a muscle as proven by the American scientist Rosenzweig who performed an experiment on rats: he had one group of rats live in an environment that lacked stimuli while another group of rats was bombarded with optic and acoustic stimuli. It turned out that the rats of the second group were much more intelligent than the rats of the first group; their brains were bigger and heavier too. Translated to the human brain this would prove another of Einstein's theories: "We use only 10% of our mental potential". By using the **brainLight®** Synchro you stimulate inactive brain cells. Mental fitness and flexibility are the result of regular use.

The electric activity of the brain

The bioelectric activity of the human brain, measured by EEG, is divided into 4 areas:

- Beta waves
 - Theta waves
 - Alpha waves
 - Delta waves
- 

The four wavelengths of the brain

Beta waves dominate in daily life. They can be measured during physical and mental activity. In situations of stress they cause excessive nervousness. The acoustic and optic signals of the **brainLight®** Synchro stimulate the brain to produce alpha and theta waves. Those are characteristic for relaxation, meditation, creativity and intuition. In the Theta state you can perceive images and emotions you are normally not aware of. Mental and physical relaxation on a regular base help to make your life less stressful.

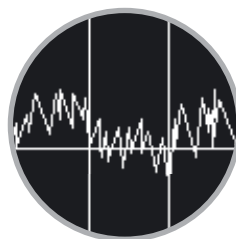
The **brainLight®** technology brings you into a calm, yet alert state, in which you have direct and conscious access to your creative and mental potential.

Beta waves (13 - 40 Hz)



are characteristic for concentration directed outward. Awake, alert, and tense. Logical-analytical thinking, but also feelings of uneasiness, stress, anger and fear. Most people have a beta-dominated brain.

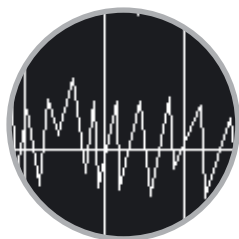
Alpha waves (8 - 12 Hz)



are characteristic for mental and physical relaxation. They are a sign of receptiveness, memory power, creativity, phantasy and intuition. These “anti-hectic-waves” create the integration of body and mind. Alpha waves aid the parasympathetic neural functions and the integration of the left and the right hemisphere. Alpha waves aid healing processes of the body. They are especially good for quick learning and Superlearning.

The four wavelengths of the brain

Theta waves (4 - 7 Hz)

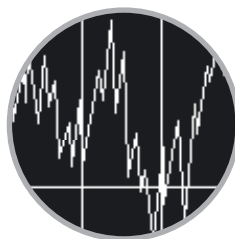


usually appear while you sleep or while you are completely immersed in yourself.

Your thoughts leave

the usual patterns. Theta waves, if produced regularly for a certain period of time, establish a balance between the sympathetic nervous system and the parasympathetic nervous system. The frequency of 7.8Hz (Schumann-wave) is an important frequency in our natural environment and is suited to help the regeneration of our body. Theta waves can be measured when you are in a state of deep meditation, e.g. during certain Yoga practices, bio-feedback, and / or other mental techniques. It is interesting that the EEG of small children show that Theta waves are dominant even when they are awake. Obviously we get used to perceive less deeply and consciously while we grow up.

Delta waves (0,5 - 3 Hz)



mainly occur during phases of deep sleep and are rarely experienced while awake.

Psychic states cor-

responding to it are: deep, dreamless sleep (non-REM-sleep), trance and deep hypnosis, healing and regeneration. During Delta sleep the hormone growth starts. In this state the cellular regeneration takes place.

brainLight® fix frequencies

First of all it is important to find your personal resonance frequency. The best way to find it is through regular use and trying out different options until you find the one that makes you feel best. Some users are most comfortable in the upper alpha areas, other like the theta or even delta areas better. The results not only depend on the frequency, but to a certain extent also on the starting tension position of the individual. For circadian reasons we suggest to use stimulating frequencies in the mornings and calming rhythms in the afternoon and in the evening.

Single, empirically found frequencies:

0,1-1,0 Hz: When the brain activity sinks below one oscillation per second, the human being strives for infinity.

0,1-3,0 Hz: Hormonal growth takes place during delta sleep, cellular regeneration takes place and the physical body repairs itself.

17


0,5 Hz: Calm and relaxing. Stimulates the neurons and brings them into balance. Balancing effect on the neurotransmitters, frequencies that reduce headaches. Good for insomnia and to relieve pain.

1 Hz: Feeling of harmony. Stimulates the epiphysis to convey hormones. Overview over relationships.

1,5 Hz: Stimulates the pituitary gland. Release of hormones. This frequency was derived from 10.5 Hz and corresponds to the overtone harmonic.

2,5 Hz: Quick relaxation, remedy for insomnia and pain relief.

3,5 Hz: Feeling of being one with everything. Enhanced memory for foreign languages.



4 Hz: Frequency for extrasensory perception, encephalin stimulation.

5,5 Hz: Goes beyond knowing for the sake of knowing. Shows you areas that need to be further developed.

6,4 Hz: Enhanced learning. Increase of memory capacity.

7,5 Hz: Guided meditation. Creation of creative thoughts for areas like arts, emotions, music. Contact to spiritual guides..

7,8 Hz: Puharich brainwave-window or the receptiveness for paranormal information.

7,83 Hz: Schumann resonance = the natural, electromagnetic resonance of the ionosphere. Changed state of consciousness of healers, mediums, shamans etc.

8,3 – 8,5 Hz: Visual imagination of mental objects.

18

9 Hz: Recognize the reasons for physical disharmony and find a way to restore inner balance.

10 Hz: This is the safest frequency in the whole spectrum. It is the best place to start if you are uncertain with all the different possibilities. For many people this frequency reduces pain and has overall strengthening and stabilizing effects. It aids the production and release of the neurotransmitter Serotonin, a mood enhancing substance. Relevant connection between astronomical and biological time (Max Planck Institute). Biophysical synchronization factor according to Popp. Increase of reactivity according to Koenig (Technical University Munich).

10,2 Hz: Arterien stimulation.

10,5 Hz: Healing frequency for the body (cellular regeneration). Firewalking. Mind-body communication.

12 Hz: Inner centering. Start frequency for all other frequencies.



14 Hz: Basic Frequency.

15Hz: Aids with chronic pain and the healing of bones.

20 Hz: For exhausted users. Might produce distress.

38 Hz: Relaxes the muscles, improves blood circulation.

40Hz: Raises beta-endorphins (“runners high”). Soft withdrawal. Alertness, problem solving in tense situations. Dissolves spasms.

7,83 Hz – the frequency of the earth:


“Healers have the same frequency as the Earth”

A study of brain waves of healers all over the world led to a remarkable discovery. All healers showed the same brain wave patterns when they entered an altered state of consciousness during a “healing”. No matter what society they lived in, what rituals they believed in or which techniques they used, all examined healers had a brainwave pattern of 7.8 to 8 Hz while they were in the healing state.

19

The nuclear physicist Dr. Robert Beck made this discovery during extensive research from 1969 to 1988. He published the results of his research in the trade journal “Archeus”, Vol. 4.

Beck writes: “I had the unique opportunity and the necessary instruments to take electroencephalographic (EEG) readings of brain wave patterns of some notable contemporaries who practice as healers, shamans and diviners in the US and Hawaii. As I have excellent contacts with the scientific establishment as well as with the “occult underground” I was able to get a cross section of measurements with “sensitive people” of the most diverse directions – from charismatic Christian miracle healers to authentic Hawaiian Kahunas, members of the Wicca and Santeria cults, diviners, clairvoyants and psychics. An amazing percentage of these authentic sensitive beings had nearly identical EEG patterns during the healing sessions ... a nearly pure sinus curve of up to 25 microvolt and a




frequency from 7.8 to 8.0 hz (border between alpha and theta)...

The most amazing thing about this discovery is that no matter how different the methods and beliefs of these individuals are, no matter how different the point of view and the belief system, they all seem to follow the same “cosmic drummer” whenever they are in this altered state of mind...”

During further studies Dr. Beck found that the brain waves of all these psychics and healers are synchronous in frequency as well as phases with the frequency of the earth.

Sources:

- Equinox, Liverpool, “Frequency-windows”
- Michael Hutchinson, “MEGABRAIN”
- Meg Patterson, “The soft withdrawal”
- Information by Michael Hercules
- Boxerman, “Alpha Waves”
- Interview with Robert C. Beck
- Fritz Stemme / Karl Walter Reinhardt, “Supertraining”
- Megabrain Report, Vol 1, No. 1



***“It’s the most unhappy people
who most fear change.”***

Mignon Mc Laughlin

Long term use

The long term user will gradually enter a higher level of mental and physical alertness

It is possible that you won't be able to relate to this at first because you enter the ups and downs of tiredness and excitement. However, you will definitely feel more energized in the long run.

An example on how psychic energy follows the grid – or “drawer-mentality” of behavioral patterns: many people get upset while driving in traffic. If however you are relaxed and feel well within yourself, the other drivers seem much further away and you have no reason for a fit of rage.

If you continue with your practice of relaxation this feeling of calmness, being far-removed-from-the-aggressor will be palpable in your consciousness. At the beginning of this journey however you might experience the exact opposite for quite some time.


You might enter a phase during which you develop a higher level of aggression in some situations and thus you have to be more present to react. This mindfulness in turn is excellent to help you be more awake and live more intensely.

21

Using the relaxation programs at the right time – usually late in the afternoon or evening – results in your entering the desired energetic phases without using programs structure.

The mentioned increase of body sensibility can lead to increased pain sensitivity. The reason for this is that psychic and physical blocks are made conscious. You might experience an increase of physical tension and pain temporarily. Contrary to general belief this is a healthy process and will lead to a reduction of tension in the long run.

You should choose a relaxation program if you want to reduce tension as opposed to using an energizing program..



This might lead to the phenomena that you feel drained and without energy for a while after a session. Instead of choosing an energizing program it is better to go outside and exercise for a few minutes in fresh air, take a walk, breathe deeply, go for a run or ride your bike. Physical energizing is recommended regularly to supplement the use of the synchro – at least twice or 3-times a week.



***“It takes courage to be creative.
Just as soon as you have a new idea,
you are a minority of one.”***

E. Paul Torrance

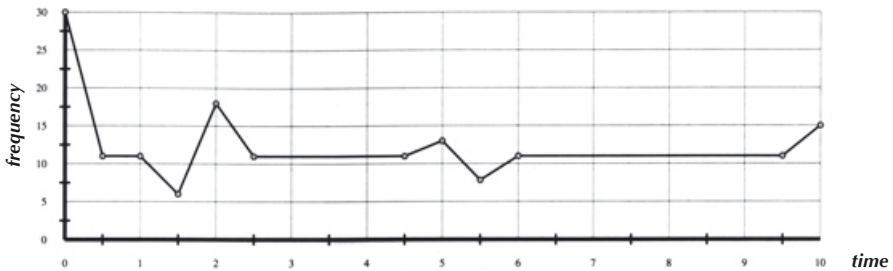
Program charts

Quick guides can be located on the enclosed cards. Please note that the change in pattern is not displayed in the program charts

Chart A

10 minutes relaxation, beginner's program

Introduction to relaxation, suitable for beginners; target frequency in high Alpha with some peaks and valleys; few changes in oscillation pattern.

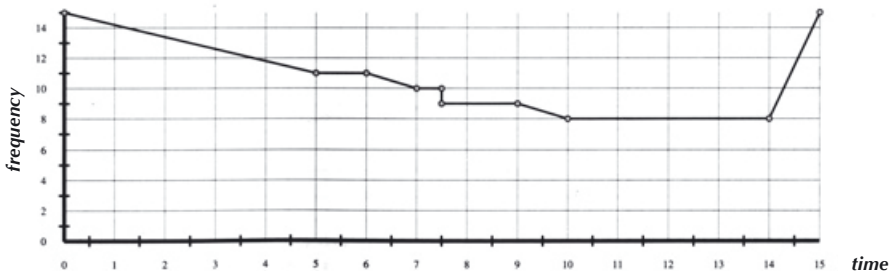


23

Chart B

15 minutes relaxation, beginner's program

Suitable to get to know the system, soft sequence of frequencies only in Alpha; frequent changes in oscillation pattern.

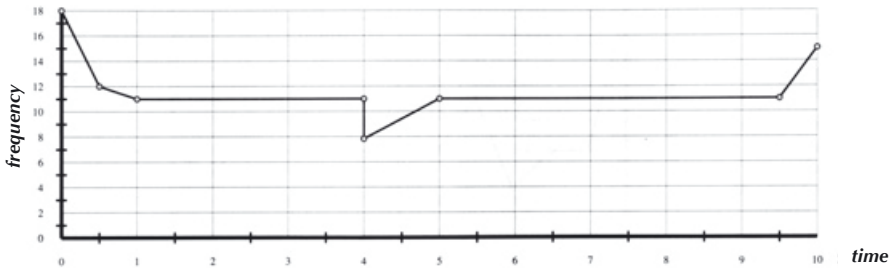


Program charts

Chart C

10 minutes relaxation

Simple beginner's program; relaxation program mainly in Alpha.

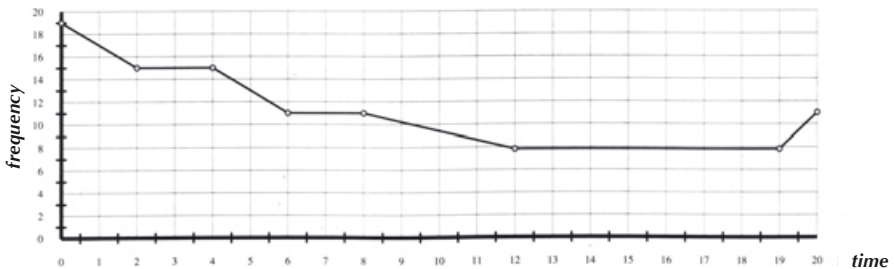


24

Chart D

20 minutes relaxation, beginner and advanced user

Lowering the frequency step by step, from low Beta to the final frequency of earth harmony: 7.83 Hz; frequent changes in light pattern.

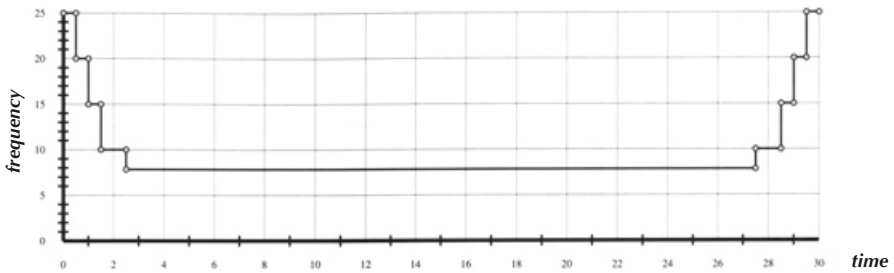


Program charts

Chart E

30 minutes relaxation, frequent changes in pattern

Similar to program D, with quicker introduction to the Schumann frequency. Suitable for advanced users.

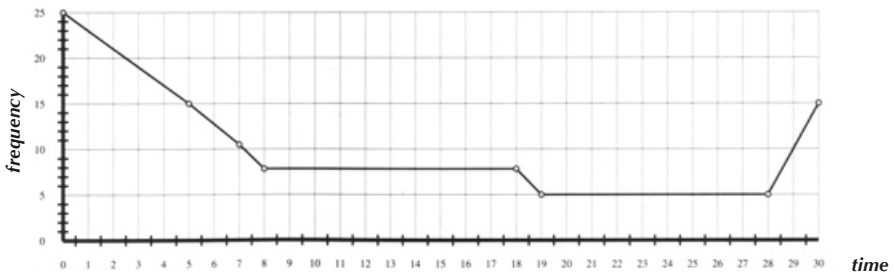


25

Chart F

30 minutes intense deep relaxation, Anti stress program

First contact with Theta; continuous lowering of the frequencies, stays at earth frequency and at the ideal Theta frequency of 5 Hz for a long time; get to know deep relaxation for the first time.

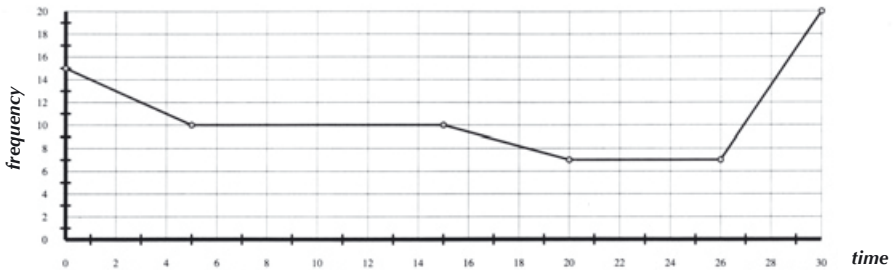


Program charts

Chart G

30 minutes soft deep relaxation

Similar sequence F, softer introduction to Theta.

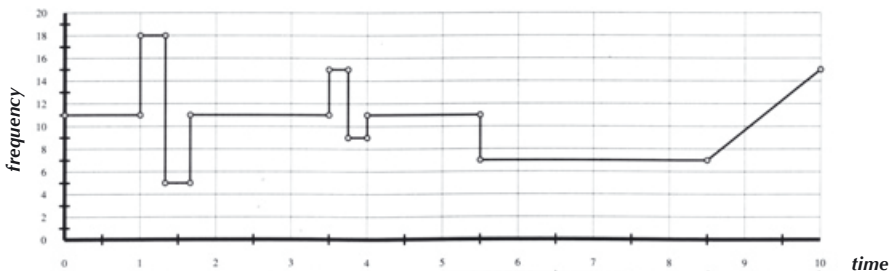


26

Chart H

10 minutes relaxation

Similar to program B – suitable for beginners who want to start differently; instead of lowering the frequency from Beta, it starts at high Alpha with peaks to Beta and Theta.

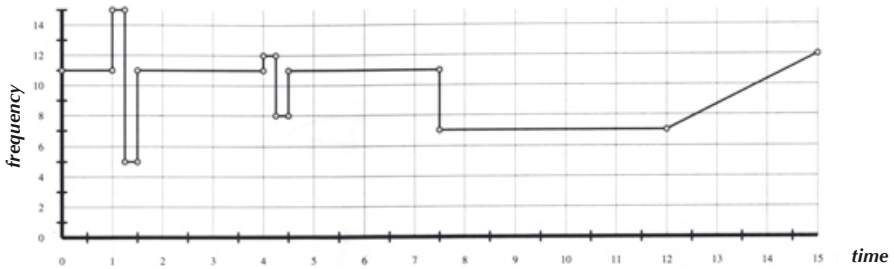


Program charts

Chart I

15 minutes relaxation, frequent change of pattern

Identical to program H, 5 minutes longer.

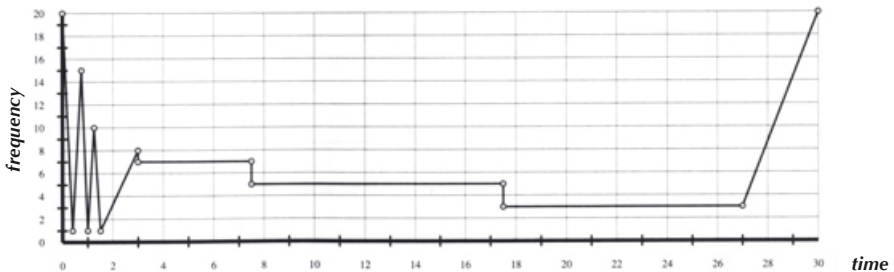


27

Chart J

30 minutes soft meditation program

“Roller Coaster” or “Sawtooth” start between the frequencies of 1 to 30 Hz to reach Theta at 7.5 and 3 Hz; the start seems turbulent, but the program lets you recover in low frequencies. As opposed to the strict “Beta only” this start is softer; Program for advanced users.



Chapter 2 – Mental training with the **brainLight®** Synchro

1. Stress management

We all are in reciprocal dependency with our surroundings. Among the many influences on us stress is one of the most interesting and also one of the most important phenomena. Stress helps us, inspires us and can initiate great things.

However, stress can also wear us down. We can get sick, unhappy, loose everything we worked for and even die from it.

Stress can regulate our body or destroy it. Even if we ignore or deny it, stress is an ingenious plan which is not surprising, considering nature has developed it for millions of years.


28

To find out how this plan is set up, how we can use it and how stress influences all areas of our life could turn into a very interesting area of research and discovery. This is exactly what mental training with the **brainLight®** Synchro is meant to do.

This journey can be fascinating and exciting. The motivation to have a closer look at this phenomenon will grow with every session.

Why is it important to recognize stress and to develop an understanding for the phenomenon stress?

Once I recognize stress, I can see the negative as well as the positive sides of what stress does to me. I realize where I suffer unnecessarily and where I risk getting ill. Only when I realize this I can change it.



Realization is the beginning of change. Developing an understanding for the stress phenomena teaches me how I deal with myself and my surroundings, and how it rules communication, work, relationships, health and everyday life.

Our behaviour and reactions are a spectrum of different expressions, impressions and facts; the idea is to get to know and explore them.


The ability to learn to be aware of one's own body and to understand its language and its signals enables us to make a connection between the changes in our body and our actions.

Physical pain (migraine, belly ache) as well as errors during work, accidents, the incapability to communicate, partner problems, impotence, frigidity, being prone to illnesses and many kinds of phobias are often expressions of stress.

With **brainLight®** we have the opportunity to relax completely and to bring about changes in our lives.

29

With the help of various relaxation techniques, CDs and the mental training systems we can improve our daily life and change it for the better.




2. Concentration and memory training

The ability of the human mind to learn, to save information and to recall it is a unique phenomenon in the universe. Everything that is distinctive about the human race – language, thinking, realization, culture – is a result of this extraordinary ability

New techniques and modern learning methods allow us to get to know this extraordinary abilities and talents better in a short period of time. For example the ability to improve concentration teaches us alertness which in turn enables us to perceive our surroundings more clearly, openly and more consciously. Concentration in connection with deep relaxation (“guided attention”) is an important key to improve our thinking, our evaluations and our decisions

30 By realizing the principles and strategies we use to select information or to influence situations, we improve our chances to integrate information more creatively and successfully into our lives while at the same time we learn to handle difficult problems with ease. The experience gained from this is the precondition for learning to communicate in a “brain appropriate” manner or to handle challenges at work with improved practical intelligence. Trust, self-confidence and the discovery of new abilities enable us to better handle our lives. We discover, develop and train a freedom of choice, which allows us to plan, form and reach our aims and desires easier and more effectively.

Outstanding methods and techniques, like the **brainLight®** mental systems, developed partially by modern brain research, can be of great help in everyday life. Using the experiences gained can generate enormous possibilities to learn how to learn optimally and how to remember the things learned, it can also help to understand how we judge others and ourselves. We often judge each other harshly, not keeping in mind that other people might be more complex than they appear. Because of this many relationships are broken off, employees lose interest in their work and we just don’t recognize other people’s talents.



Likewise, we ignore many of our own talents and skills instead of realizing that it would be much more useful to develop and train them. New learning methods and techniques prove that many old strategies and approaches were imperfect and misguided.

The number of people who have begun using these results successfully show that it is an exiting challenge as well as a big help in everyday life (e.g. by raising the limit of reality tolerance). Even the use of only a few results of this interesting research has big advantages, for example in memory performance – to learn foreign languages, learn a scope of new duties at work, visit a foreign country with the intention of getting to know the country and the people, or to be able to use the skills at the right moment. This is just a little part of what can be stimulated, developed, trained and experienced with **brainLight®**.

We want to show techniques and methods that enable users to improve their concentration and learning ability, to discover their creative and practical intelligence, to improve their memory and relationships and to learn how to value and develop their own talents and skills.

3. Positive thinking – successful living

Sooner or later the lucky amongst us make these three important discoveries: First, everybody has the power to cheer other people up or to depress them. Second, cheering up other people is much more satisfying than depressing them. Third, making other people feel better makes us feel better too. This is valid for everybody no matter how unimportant you think you are.

Thinking about it you realize that you can choose between causing pain and bringing joy to people several times every day. We all have a stock of creative potential which we can use creatively – if we don't, it will return to us like a boomerang, destructive against ourselves or others

Using our stock of creative potential... there are as many possibilities to do that as there are people on earth. Realizing how great the power of our thoughts, ideas and images is, what effects and influences they have on our lives is a big step into the right direction.

32

Our thoughts condition our experiences! A very simple but effective motto is: Whether you think you create it or you think you don't, you are right! This simple motto shows how important it is to make responsible and positive use of our thoughts, ideas and images.

Positive thinking is closely related to self-confidence, self-acceptance, well-being, productivity and happiness. Most people want the best and generally, a positive and successful life. How can we reach these goals? And what is there to learn?

Frequent use of the **brainLight®** Synchro will help you to master obstacles and to improve the skills we have to bring us closer to our goal. The basis are two principles:

Transforming negative beliefs and realizing our creative potential.



We should not try to change our parents, spouses or children, we should try to change ourselves. When we succeed with that we can bring about changes in other people too. Many of the circumstances of our lives will change positively!

The impulse for this change has to come from within ourselves. Only when we decide to change we experience what it really means to be successful.

4. Strengthening your self-confidence – trust your Inner Self


In order to take the next step in expanding consciousness we have to get familiar with some basics. Every scientist establishes premises which serve as basis for his work. The quality and usefulness of the research results depend on the premises , taking into account critical laws of nature.

33

Every level of self-confidence has its own premises and laws which make experiences and realizations possible. Without knowing and using them, we will always experience ourselves as very confused and unhappy, because negative conditioning is effective even when we don't know about it or don't pay attention to it. Reality is real, because it has effects that do not depend on us, whether we understand them or not.

Self-confidence is not only the image someone conveys to the outside world, but also the confidence in one's own being, in one's own existence. As long as we, for example, identify with our body, fear of disease, age and death are the results. Confining one's own identity exclusively on professional and social roles one will be confronted with unemployment and the break-up of relationships. If one is fixed on the fulfilment of social needs, every shortage, every temporary privation will be a catastrophe.

Relaxation is the way to yourself. You will realize who you really are and your



self-confidence will grow. You will experience yourself as inseparable part of a whole, as an inexhaustible source of creative inspiration. During this process real devotion to yourself and our profound reality will evolve, something the intellect can barely follow.

The way to build self-confidence is by starting to do something. Doing things you know you can do, for example going to the fridge to get a beer, does not mean anything. Building self-confidence means doing things of which you are not sure if you can do them. Flirting with a stranger, going to a holiday club as club trainer, taking part in the brainLight seminar, painting a picture, inviting a homeless person to your home, asking a stranger for a dance etc. Whatever you do, do not think about it. Do not give it a second thought. Do it. Just begin and then continue, and everything will be much easier.

In order to maintain your self-confidence accept new challenges again and again. Make sure they are new ones, not old tricks in a new variation. The key is commitment. Once you are into it, it is hard to give up and stop. You will continue to do this and you will become stronger and more confident.

34

The first question you should ask is: Why do I want to improve my self-confidence? What is my goal?

We have some suggestions: Improved vitality and power, intellectual understanding, better understanding of yourself and your culture, improved situation in life, quicker learning, professional growth, helping others, joy, sensuous pleasure, aesthetic pleasure, interpersonal closeness, pure experience, wholeness.



5. Visualization and increase of creativity – help in everyday life

When we are in a foreign country and cannot speak the language the best thing to do is to find a companion who knows both languages. Otherwise it is very difficult to explain what we want and to answer questions. As long as we do not know the meaning of the foreign words we have to rely on our ability to interpret mimics, body language and intonation of the voice correctly. On top of that only intuition and imagination can help.

The same is true for dreams and images. Have you ever wondered why so much money is spent on images in commercials? Do images and dreams really have such strong effects? For most people the realm of images and dreams is like a foreign language, undiscovered, unknown and veiled.

It is getting more important to learn how to handle the realm of inner and outer images. During both day- and night dreams we create visible images. We call it visualization, a sequence of mental images. Learning how to interpret this language will give us access to the subconscious and actions and experiences we were not aware of. The subconscious can basically have the following influences on our mind: It controls the motives behind our thoughts and feelings and it limits the perception of our senses. It controls the biggest part of our memories and dreams. It makes our language vague at critical points. It expresses itself indirectly, e.g. through our movements, through tension, in our way of breathing, in our posture and the intonation of our voice. It determines the way we behave towards others. It manifests itself in our habits, physical symptoms and illness.

We have to stop directing our energy towards these things in order to use their real potential, because they also are source of spontaneity, creativity and joy of life. This is where visualizations come into play, because every visualization gives the subconscious a model of how to liberate energy. Thus we open the door to our creativity. Creativity is space of unlimited possibilities.

Visualization is a practice of mental training with the **brainLight®** Synchro. It does not only include vision, but is a way to work with all the senses – seeing, hearing, feeling and mental perception – experiencing with all senses at the same time.

What is that good for? Creativity gives us access to our hidden, inner potentials. Thus we become more inventive, direct, creative and we solve problems easier. Our lives gain ease, beauty and aesthetics.


Society conveys contradictory views on the value of visualizations and visions. On the one hand people who invent a successful product are praised. If, however, no usable result can be shown, a creative person is said to have a “wild fantasy”. (This can quickly change to “lunatic” ...)

When a creative person's idea (dream) and visualization evokes only rejection, every trace of creativity can be killed. Stopping a dreamer from dreaming is not only a loss for the dreamer, but also a loss for society. Creative people of robust emotional health and a strong self-confidence will find their way in spite of social rejection. People who have extraordinary judiciousness – those that aim for the stars – have always known how important it is to give free reign to their imagination.

36

Albert Einstein, who was said to be absentminded most of the time, imagined how it would be to ride on a beam of light. I wonder how many people did not take him seriously when he said: “Imagination is more important than knowledge.” Einstein himself said that he prefers to think in images than in words, he had faith in his intuition and said that he did not have his best ideas in the laboratory, but rather while he was shaving!

Fantasy, visualization destroys walls of paradigms. In our fantasy we can talk to kings and mystics, we can go back into the past and visit Mozart, Socrates or Cleopatra on a barge. We can travel into the future and be the first human being to settle on a foreign planet; we can fly across the earth and softly slide back down to earth on a rainbow. We can travel to China without a visa and violate all laws of physics that confine us to the earth – at least for a moment. But this moment is crucial.



With these practices you can also use your fantasy to test the effects of certain actions. You can travel into the future and imagine a great job, a marvelous relationship and family life, unlimited freedom, and so on. The clearer your images are and the stronger your subconscious is being motivated by them, the quicker your wishes will come true and the faster we experience progress and healing. It means that all our actions are based on visions, on inner images

***Conclusion: If you can imagine it,
you can do it!***

Accessories

Accessories can be purchased at www.brainLight.de

Set for 2nd user: Synchro can be used by 2 users simultaneously.
2 Y-connections, extra goggles, extra set of headphones.

Extension cord: If you want to set up your chair further away from the pyramid, you can use 2 or 3 extension cords per user.

Soft goggles: e.g. green goggles for light-sensitive people, see accessories.


Multi-user unit – network: Extension from 2 to 100 user.

Please find more accessories at www.brainLight.de or in the catalog for accessories.

Recommendation

We recommend to connect the Pyramid to a socket which can be turned off

If you don't use it for a longer period of time, you can simply turn off the socket. As soon as you turn it back on, the Synchro goes into "standby" mode and can be used immediately.



***"To raise new questions, new possibilities,
to regard old questions from a new angle,
requires creative imagination and
and marks real advances in science."***

Albert Einstein

Troubleshooting

Problem: The machine starts to act weird after running for a while.

Solution: press on/off button, unplug it and plug back in after 5 seconds.

Problem: Remote control does not work.

Solution: Point remote control directly to the Infrared recipient on the side of the pyramid with the **brainLight®** logo.


Problem: Unsure if synchro accepted given command.

40

Solution: If the first number, e.g. “0” was entered correctly, a light will flash on the right side inside the goggles. If the second number was entered correctly, a light will blink on the left side and the program starts immediately. You hear a message via headphones.

Problem: A program was entered and both sides of the goggles blink.

Solution: You chose a program number which does not exist, thus both sides blink. Press the “end” button and choose a new, existing number. See Program charts.



Troubleshooting

Problem: The Pyramid does not work.

Solution: Check all connections, read user manual. If everything is connected correctly, both google lights will blink for a second when you connect the adapter. This is also a good way to check if everything is OK.

Problem: I really can't solve this.

Solution: Call your **brainLight®** advisor or **brainLight®** directly.

Last but not least

At the end the parable of the 5 caterpillars and the butterfly (by Timothy Leary):

The parable of the 5 caterpillars who, just before their own metamorphosis, see their first butterfly.

The conservative caterpillar sniffs and says, "That's illegal and immoral. They should arrest that irresponsible individual and cage her down here on the ground where she belongs."

The technical caterpillar sniffs and says, "They'll never get me up in one of these."

The liberal-progressive caterpillar shouts rhetorically, "How dare that frivolous creature float free when there are caterpillars in Bangladesh who don't have color TV."

42

The Hindo-Buddhist caterpillar chants "Ohm" in a superior manner and says, "Why bother to build those wings when I can just sit in the lotus position and fly by means of astral travel?"

And the religious caterpillar murmurs piously, "If God had intended caterpillars to fly he would have given us wings."

Enjoy & have fun on your way to transform into a butterfly!

Your brainLight® team

All rights reserved. No part of this script may be reproduced or transmitted using electronic systems in any form (print, photocopy, microfilm or any other way) without written permission by brainLight GmbH

© brainLight® publishing







brainLight® GmbH

Hauptstraße 52 • D - 63773 Goldbach • Fon: 0 60 21- 5 90 70 • Fax: 0 60 21- 54 09 97
E-Mail: info@brainlight.de • Internet: www.brainlight.de